

University of St Andrews



Department of Sport and Exercise

Rugby Union Program

The University of St Andrews has developed the most advanced Rugby program in Scotland which offers student athletes a range of coaching, training and support opportunities, allowing them to excel in their sporting achievements. Sport at St Andrews fosters a healthy relationship between athlete and student. The results are undeniable: our athletes graduate with a world class education and national and international sporting success.





Rugby at St Andrews

The Rugby club is one of the founding members of the Scottish Rugby Union and has been an integral part of the university since 1858. Rugby has been played on University Park which has its own stand for spectators to enjoy the running rugby that is synonymous with The Saints. With excellent facilities, a Full time Director of Rugby and a club history steeped in the foundations of the game, there is no-where better in Scotland.



The Vision

For the rugby program to be the most attractive Sport Specific program in Scotland and one of the best in the UK.

For every player to work hard, develop, improve and enjoy their rugby experience at University.

To compete at the highest level possible and achieve goals set by the club every season.

Rugby Facilities

The rugby pitches at St Andrews are renowned across the country as amongst the finest in Scotland.

There are three rugby pitches; the 1st XV pitch has its own stand which can seat up to 200 spectators. There is also a fully floodlit training pitch

Work is about to begin on Rugby 4g pitch which will be fully floodlit as well as have room for up to 100 spectators and will be one of only two in Scotland

Men's Rugby

The Men's Rugby Club is the biggest sports club in St Andrews with well over 100 active members. The club fields 4 teams every week at all levels of the game.

The club is extremely social with numerous high profile events throughout the season as well as very enjoyable 'Socials' after every game

Players are required to train twice per week as well as actively encouraged to work hard on Strength and Conditioning. 1st XV players must adhere to two S/C Sessions per week as part of the focus club program and the need to be in optimum shape to play the style of rugby we play

Women's Rugby

The Women's club has consistently been in the top two teams in Scotland over the past 5 years

Currently only one XV plays twice per week but a large squad is maintained with new players joining the club every month

The social scene at the club is particularly active and every member enjoys their time both on and off the pitch.

The club shares an association with Madras RFCFPs who provide playing and training facilities



**Director of Rugby
David Ross**

*In Action as Head
Coach taking a
Scottish Students
Session*



Director of Rugby

David Ross

The University's appointment of a Director of Rugby is the 1st of its kind in Scottish University Sport. David Ross is the only full time Director of Rugby at a Scottish University and one of only two full time Directors in Scotland (outside of the professional game).

David comes to us after nearly 4 years working as a Performance Development Manager for the Scottish Rugby Union. This role focused on identifying and developing the next wave of Age Grade International and professional players in Scotland.

A UKCC Level 3 coach, who was Scotland U18 Backs coach during their 09 summer tour, David is now the Head Coach of the Scottish Students XV and was in the coaching staff of the Scottish Universities 7s team who won the Home Nations Tournament in 2010 defeating England in the final.

David is also an IRB Trainer, UKCC Senior Trainer, UKCC Coach Educator and is part of Scottish Rugby's High Performance Coaching Group.

Contact him at david.ross@st-andrews.ac.uk or 07736457607

Competitions and Matches

Wednesday University fixtures sees the Men's and Women's 1st XV both compete in the top Scottish BUCS Leagues with the Men's 2nd XV competing in the lower tier of the SUS Leagues.

The Men's 1st XV also play annual fixtures against Cambridge (Pre-Season) and Edinburgh in the Scottish Varsity game which pre dates Oxford vs Cambridge as the oldest Varsity Rugby Game in the world.

Weekend Fixtures pitches both Men's and Women's clubs into Senior Scottish Leagues of Club Rugby. Men's Caledonia Squad compete in Caledonia League 1 whilst the Women in Scottish League 2. Also on a Saturday the 4th XV compete in the u20 league against other University & College sides from across Scotland.



The Program

The Rugby program caters for all levels of ability to ensure all players experience an athlete centered rugby curriculum which focuses on development, hard work and enjoyment.

- Two training sessions per week focusing on skill development and team preparation
- Individual position specific technical sessions
- Rugby Specific Strength and Conditioning sessions supervised by S/C Department
- Weekly video analysis sessions focusing on both individual and team performance
- Series of Educational seminars to improve performance - Including Nutrition, Recovery, Psychology, Time Management
- Physiotherapy support
- Regular Fitness Testing to monitor progress and identify weaknesses
- Competitive fixtures for all levels of ability throughout the season
- 2week full time pre-season training camp
- Biggest Student 7s competition in the UK
- Large number of social activities throughout the season
- Participate in SUS 7s and Local 7s competitions
- A program that focuses on the process not the outcome - the outcome will take care of itself

Coaching Staff

Chris Reekie
Men's Rugby Club Coach

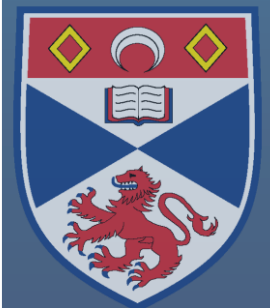
A UKCC Coach Chris has been Head coach of the Men's club for a number of years as well as a leading figure in University rugby in Scotland Heading up the Scottish Universities Coaching Team in recent years. A student of the game his understanding of the foundations of Rugby Union is outstanding with the passion and determination to see the Saints succeed on and off the pitch.

Graham Smith
Men's Rugby Club Coach

A UKCC Level 2 coach and new member of the coaching team 'Smudge' is a full time rugby Development officer for Scottish Rugby and Fife council. Focusing on forward play, the 'dark arts master' has a lot of experience to pass on to our players

Gary Anderson
Women's Rugby Club Coach

A UKCC Level 2 Coach who has led the women's side to be consistently one of the top two teams in Scotland over recent seasons. An athlete centered coach with excellent game sense philosophy



Further information is available at www.st-andrews.ac.uk/sport
To contact the Director of Rugby, David Ross:
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Phone: 01334 467193



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